Information

Kinard Middle School Cross Country

Fall 2010

First Practice: Monday, August 23rd, 3:30-4:30

Below is important information about participating on Kinard’s famous and fabulous cross country team! **If you *are* or *plan to be* an enthusiastic and dedicated runner, we hope you will join us this fall!** 6th, 7th and 8th grade runners of all levels are welcome!

**Coaches**

Kayce Dillman Rhonda Parmley

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720-810-1279 970-391-0179

**Parent and Runner Meeting :**

Friday, August 27th, 4:30-5:00. Meet schedules and additional information will be provided.

**Registration Information :**

As soon as you have decided to join our team, please register with the City of Fort Collins at any City Recreation Center. You must enter Kinard’s code: 46399-04.

**Practice Information:**

* Practices are Monday through Friday (except meet days and school holidays) 3:30-4:30 and will begin on ***Monday, August 23rd***.
* You are expected to be on time to practice, prepared and ready to participate.
* ***In order to run in meets you must make two practices per week.*** For safety’s sake, it is critical that you let me know if you will miss a day of practice.

**Clothing/Supplies:**

* Eat a light snack just before practice.
* Bring a water bottle!
* Wear clothing appropriate for the weather, including supportive running shoes.
* Wear sunscreen!
* Meet Uniforms: Singlets will be provided and they must be returned at the end of season.

**Communication:**

Email is my primary means of communication with runners, parents and guardians. Please read emails from me for updates about the season. If you do not have access to a computer or do not have an email account, please let me know so that we can determine a reliable way to communicate with each other.